

## SUGGESTIONS FOR USING THE HEALTH TALKS

(Editor)

Dr. Ritchie insists on the necessity of this instruction in Grades I and II. The Primary teacher will find a story helpful. "Mary had twenty white teeth. Mother told her to brush them three times each day. Mary did not see why she should brush them so often. One day Mary saw a little girl whose teeth were black and queer looking, she was crying with the tooth-ache. Mary found that this little girl never brushed her teeth. Mary's mother said that was the reason the little girl's teeth looked so queer and ached. Mary decided to always brush her teeth each day."

The teacher may draw a picture of a tooth-brush and a tube of paste or may cut them out of paper. The pupils may do the same. The pupils may all "make believe" to brush their teeth. The teacher may give directions—Take the brush in this hand, the tube in that. Dip the brush in water. Spread on the paste. Now brush the outside

of the back teeth, etc. Now rinse your mouth. Now rinse the brush."

The story on the board may be read:

I have twenty white teeth.  
I must keep them clean.  
I will brush them each day.  
I will brush them before I go to bed.  
I will use a tooth-brush (picture) and paste (picture of tube)

This will help to keep me well.

The following words have been put to the tune of Tramp, Tramp, Tramp

Scrub, scrub, scrub, are words of warning.  
Keep all the grinders clean and bright,  
Use your powder, brush and paste,  
There's no time to lose or waste,  
Keep them clean by brushing  
Morning, Noon and Night.

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